

BLOCK 1

WOMEN'S SPECIALIZATION PROGRAM

WEEK

1

WOMEN'S SPECIALIZATION PROGRAM

WEEK 1: DAYS 1-3

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	3	5	70%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
BARBELL HIP THRUST	3	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		DUMBBELL HIP THRUST
BARBELL ROMANIAN DEADLIFT	2	10-12	8RPE	2MIN					KEEP YOUR SPINE NEUTRAL		DUMBBELL ROMANIAN DEADLIFT
CABLE STANDING GLUTE KICKBACK	2	12-15	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
SEATED HIP ABDUCTION MACHINE	2	20-25	8RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		ANKLE WEIGHT STANDING HIP ABDUCTION
BICYCLE CRUNCH	3	15-20	8RPE	1MIN					DON'T YANK YOUR NECK		CRUNCH

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEADLIFT	4	4	75%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG DEADLIFT
FRONT SQUAT	3	10-12	8RPE	3MIN					SIT STRAIGHT DOWN		GOBLET SQUAT
KNEE-BANDED BODYWEIGHT HIP THRUST	2	25-30	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED DUMBBELL HIP THRUST
SEATED LEG CURL	3	10-12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
LATERAL BAND WALK	3	20	8RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE SEATED HIP ABDUCTION	3	15	7RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL STANDING SHOULDER PRESS	4	8-10	8RPE	2MIN					USE A FULL ROM		DUMBBELL SEATED SHOULDER PRESS
NARROW NEUTRAL-GRIP PULLDOWN	4	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SUPINATED PULLDOWN
CLOSE-GRIP PUSH-UP	3	8-10	7RPE	2MIN					TUCK YOUR ELBOWS		MACHINE CHEST PRESS
CABLE SEATED ROW	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		MACHINE HIGH ROW
A1: DUMBBELL LATERAL RAISE	3	15	9RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		MACHINE LATERAL RAISE
A2: DUMBBELL REAR DELT RAISE	3	15	9RPE	2MIN					KEEP YOUR SCAPULAE PROTRACTED		REVERSE PEC DECK
SEATED FACE PULL	3	15-20	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		PRONE TRAP RAISE
B1: SINGLE-ARM CABLE CURL	2	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		DUMBBELL SUPINATED CURL
B2: OVERHEAD CABLE TRICEP EXTENSION	2	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		1-ARM OVERHEAD DUMBBELL EXTENSION

TOTAL SET VOLUME: 27

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 1: DAYS 4-6

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEFICIT BODYWEIGHT BULGARIAN SPLIT SQUAT	3	10-12	7RPE	2MIN					FOCUS ON STRETCHING YOUR GLUTES		DUMBBELL STEP-UP
SMITH MACHINE HIP THRUST	3	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		LEG EXTENSION HIP THRUST
BODYWEIGHT REVERSE HYPEREXTENSION	3	15-20	8RPE	2MIN					SQUEEZE YOUR GLUTES TO RAISE YOUR LEGS		BAND GLUTE KICKBACK
45° HYPEREXTENSION	3	12-15	7RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		BACK EXTENSION
BAND SEATED HIP ABDUCTION	3	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		SEATED HIP ABDUCTION MACHINE
HOLLOW BODY HOLD (CORE)	3	15SEC	7RPE	1MIN					FLEX YOUR SPINE		PLANK

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

LOWER #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
STIFF LEG DEADLIFT	3	6-8	8RPE	3MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BODYWEIGHT WALKING LUNGE	2	12-15	7RPE	2MIN					REPS EACH LEG, STRETCH YOUR GLUTES		SINGLE-LEG LEG PRESS
KNEE-BANDED BODYWEIGHT HIP THRUST	4	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	3	8-12	7RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
CABLE HIP ABDUCTION	3	10-15	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	8-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL INCLINE PRESS	3	8-10	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
SUPINATED PULLDOWN	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SINGLE-ARM PULLDOWN
MACHINE SHOULDER PRESS	3	8-10	8RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
CHEST-SUPPORTED T-BAR ROW	3	12-15	8RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
A1: RESISTANCE BAND LATERAL RAISE	3	7/7/7	8RPE	0MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		CABLE LATERAL RAISE
A2: SEATED CABLE FACEPULL	3	7/7/7	9RPE	2MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		BAND REVERSE FLY
B1: SINGLE-ARM CABLE CURL	3	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		HAMMER CURL
B2: CABLE ROPE TRICEP EXTENSION	3	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		DUMBBELL SKULL CRUSHER

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 1

WOMEN'S SPECIALIZATION PROGRAM

WEEK

2

WOMEN'S SPECIALIZATION PROGRAM

WEEK 2: DAYS 1-3

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	3	5	72.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
BARBELL HIP THRUST	3	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		DUMBBELL HIP THRUST
BARBELL ROMANIAN DEADLIFT	2	10-12	8RPE	2MIN					KEEP YOUR SPINE NEUTRAL		DUMBBELL ROMANIAN DEADLIFT
CABLE STANDING GLUTE KICKBACK	2	12-15	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
SEATED HIP ABDUCTION MACHINE	2	20-25	8RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		ANKLE WEIGHT STANDING HIP ABDUCTION
BICYCLE CRUNCH	3	15-20	8RPE	1MIN					DON'T YANK YOUR NECK		CRUNCH

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEADLIFT	4	4	77.5%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG DEADLIFT
FRONT SQUAT	3	10-12	8RPE	3MIN					SIT STRAIGHT DOWN		GOBLET SQUAT
KNEE-BANDED BODYWEIGHT HIP THRUST	2	25-30	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED DUMBBELL HIP THRUST
SEATED LEG CURL	3	10-12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
LATERAL BAND WALK	3	20	8RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE SEATED HIP ABDUCTION	3	15	7RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL STANDING SHOULDER PRESS	4	8-10	8RPE	2MIN					USE A FULL ROM		DUMBBELL SEATED SHOULDER PRESS
NARROW NEUTRAL-GRIP PULLDOWN	4	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SUPINATED PULLDOWN
CLOSE-GRIP PUSH-UP	3	8-10	7RPE	2MIN					TUCK YOUR ELBOWS		MACHINE CHEST PRESS
CABLE SEATED ROW	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		MACHINE HIGH ROW
A1: DUMBBELL LATERAL RAISE	3	15	9RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		MACHINE LATERAL RAISE
A2: DUMBBELL REAR DELT RAISE	3	15	9RPE	2MIN					KEEP YOUR SCAPULAE PROTRACTED		REVERSE PEC DECK
SEATED FACE PULL	3	15-20	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		PRONE TRAP RAISE
B1: SINGLE-ARM CABLE CURL	2	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		DUMBBELL SUPINATED CURL
B2: OVERHEAD CABLE TRICEP EXTENSION	2	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		1-ARM OVERHEAD DUMBBELL EXTENSION

TOTAL SET VOLUME: 27

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 2: DAYS 4-6

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEFICIT BODYWEIGHT BULGARIAN SPLIT SQUAT	3	10-12	7RPE	2MIN					FOCUS ON STRETCHING YOUR GLUTES		DUMBBELL STEP-UP
SMITH MACHINE HIP THRUST	3	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		LEG EXTENSION HIP THRUST
BODYWEIGHT REVERSE HYPEREXTENSION	3	15-20	8RPE	2MIN					SQUEEZE YOUR GLUTES TO RAISE YOUR LEGS		BAND GLUTE KICKBACK
45° HYPEREXTENSION	3	12-15	7RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		BACK EXTENSION
BAND SEATED HIP ABDUCTION	3	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		SEATED HIP ABDUCTION MACHINE
HOLLOW BODY HOLD	3	15SEC	7RPE	1MIN					FLEX YOUR SPINE		PLANK

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

LOWER #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
STIFF LEG DEADLIFT	3	6-8	8RPE	3MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BODYWEIGHT WALKING LUNGE	2	12-15	7RPE	2MIN					REPS EACH LEG, STRETCH YOUR GLUTES		SINGLE-LEG LEG PRESS
KNEE-BANDED BODYWEIGHT HIP THRUST	4	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	3	8-12	7RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
CABLE HIP ABDUCTION	3	10-15	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	8-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL INCLINE PRESS	3	8-10	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
SUPINATED PULLDOWN	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SINGLE-ARM PULLDOWN
MACHINE SHOULDER PRESS	3	8-10	8RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
CHEST-SUPPORTED T-BAR ROW	3	12-15	8RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
A1: RESISTANCE BAND LATERAL RAISE	3	7/7/7	8RPE	0MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		CABLE LATERAL RAISE
A2: SEATED CABLE FACEPULL	3	7/7/7	9RPE	2MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		BAND REVERSE FLY
B1: SINGLE-ARM CABLE CURL	3	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		HAMMER CURL
B2: CABLE ROPE TRICEP EXTENSION	3	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		DUMBBELL SKULL CRUSHER

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 1

WOMEN'S SPECIALIZATION PROGRAM

WEEK

3

WOMEN'S SPECIALIZATION PROGRAM

WEEK 3: DAYS 1-3

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	3	5	75%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
BARBELL HIP THRUST	3	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		DUMBBELL HIP THRUST
BARBELL ROMANIAN DEADLIFT	2	10-12	8RPE	2MIN					KEEP YOUR SPINE NEUTRAL		DUMBBELL ROMANIAN DEADLIFT
CABLE STANDING GLUTE KICKBACK	2	12-15	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
SEATED HIP ABDUCTION MACHINE	2	20-25	8RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		ANKLE WEIGHT STANDING HIP ABDUCTION
BICYCLE CRUNCH	3	15-20	8RPE	1MIN					DON'T YANK YOUR NECK		CRUNCH

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEADLIFT	4	4	80%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG DEADLIFT
FRONT SQUAT	3	10-12	8RPE	3MIN					SIT STRAIGHT DOWN		GOBLET SQUAT
KNEE-BANDED BODYWEIGHT HIP THRUST	2	25-30	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED DUMBBELL HIP THRUST
SEATED LEG CURL	3	10-12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
LATERAL BAND WALK	3	20	8RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE SEATED HIP ABDUCTION	3	15	7RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL STANDING SHOULDER PRESS	4	8-10	8RPE	2MIN					USE A FULL ROM		DUMBBELL SEATED SHOULDER PRESS
NARROW NEUTRAL-GRIP PULLDOWN	4	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SUPINATED PULLDOWN
CLOSE-GRIP PUSH-UP	3	8-10	7RPE	2MIN					TUCK YOUR ELBOWS		MACHINE CHEST PRESS
CABLE SEATED ROW	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		MACHINE HIGH ROW
A1: DUMBBELL LATERAL RAISE	3	15	9RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		MACHINE LATERAL RAISE
A2: DUMBBELL REAR DELT RAISE	3	15	9RPE	2MIN					KEEP YOUR SCAPULAE PROTRACTED		REVERSE PEC DECK
SEATED FACE PULL	3	15-20	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		PRONE TRAP RAISE
B1: SINGLE-ARM CABLE CURL	2	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		DUMBBELL SUPINATED CURL
B2: OVERHEAD CABLE TRICEP EXTENSION	2	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		1-ARM OVERHEAD DUMBBELL EXTENSION

TOTAL SET VOLUME: 27

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 3: DAYS 4-6

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEFICIT BODYWEIGHT BULGARIAN SPLIT SQUAT	3	10-12	7RPE	2MIN					FOCUS ON STRETCHING YOUR GLUTES		DUMBBELL STEP-UP
SMITH MACHINE HIP THRUST	3	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		LEG EXTENSION HIP THRUST
BODYWEIGHT REVERSE HYPEREXTENSION	3	15-20	8RPE	2MIN					SQUEEZE YOUR GLUTES TO RAISE YOUR LEGS		BAND GLUTE KICKBACK
45° HYPEREXTENSION	3	12-15	7RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		BACK EXTENSION
BAND SEATED HIP ABDUCTION	3	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		SEATED HIP ABDUCTION MACHINE
HOLLOW BODY HOLD	3	15SEC	7RPE	1MIN					FLEX YOUR SPINE		PLANK

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

LOWER #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
STIFF LEG DEADLIFT	3	6-8	8RPE	3MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BODYWEIGHT WALKING LUNGE	2	12-15	7RPE	2MIN					REPS EACH LEG, STRETCH YOUR GLUTES		SINGLE-LEG LEG PRESS
KNEE-BANDED BODYWEIGHT HIP THRUST	4	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	3	8-12	7RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
CABLE HIP ABDUCTION	3	10-15	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	8-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL INCLINE PRESS	3	8-10	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
SUPINATED PULLDOWN	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SINGLE-ARM PULLDOWN
MACHINE SHOULDER PRESS	3	8-10	8RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
CHEST-SUPPORTED T-BAR ROW	3	12-15	8RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
A1: RESISTANCE BAND LATERAL RAISE	3	7/7/7	8RPE	0MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		CABLE LATERAL RAISE
A2: SEATED CABLE FACEPULL	3	7/7/7	9RPE	2MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		BAND REVERSE FLY
B1: SINGLE-ARM CABLE CURL	3	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		HAMMER CURL
B2: CABLE ROPE TRICEP EXTENSION	3	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		DUMBBELL SKULL CRUSHER

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 1

WOMEN'S SPECIALIZATION PROGRAM

WEEK

4

WOMEN'S SPECIALIZATION PROGRAM

WEEK 4: DAYS 1-3

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	3	5	80%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
BARBELL HIP THRUST	3	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		DUMBBELL HIP THRUST
BARBELL ROMANIAN DEADLIFT	2	10-12	8RPE	2MIN					KEEP YOUR SPINE NEUTRAL		DUMBBELL ROMANIAN DEADLIFT
CABLE STANDING GLUTE KICKBACK	2	12-15	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
SEATED HIP ABDUCTION MACHINE	2	20-25	8RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		ANKLE WEIGHT STANDING HIP ABDUCTION
BICYCLE CRUNCH	3	15-20	8RPE	1MIN					DON'T YANK YOUR NECK		CRUNCH

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEADLIFT	4	4	82.5%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG DEADLIFT
FRONT SQUAT	3	10-12	8RPE	3MIN					SIT STRAIGHT DOWN		GOBLET SQUAT
KNEE-BANDED BODYWEIGHT HIP THRUST	2	25-30	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED DUMBBELL HIP THRUST
SEATED LEG CURL	3	10-12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
LATERAL BAND WALK	3	20	8RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE SEATED HIP ABDUCTION	3	15	7RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL STANDING SHOULDER PRESS	4	8-10	8RPE	2MIN					USE A FULL ROM		DUMBBELL SEATED SHOULDER PRESS
NARROW NEUTRAL-GRIP PULLDOWN	4	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SUPINATED PULLDOWN
CLOSE-GRIP PUSH-UP	3	8-10	7RPE	2MIN					TUCK YOUR ELBOWS		MACHINE CHEST PRESS
CABLE SEATED ROW	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		MACHINE HIGH ROW
A1: DUMBBELL LATERAL RAISE	3	15	9RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		MACHINE LATERAL RAISE
A2: DUMBBELL REAR DELT RAISE	3	15	9RPE	2MIN					KEEP YOUR SCAPULAE PROTRACTED		REVERSE PEC DECK
SEATED FACE PULL	3	15-20	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		PRONE TRAP RAISE
B1: SINGLE-ARM CABLE CURL	2	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		DUMBBELL SUPINATED CURL
B2: OVERHEAD CABLE TRICEP EXTENSION	2	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		1-ARM OVERHEAD DUMBBELL EXTENSION

TOTAL SET VOLUME: 27

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 4: DAYS 4-6

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEFICIT BODYWEIGHT BULGARIAN SPLIT SQUAT	3	10-12	7RPE	2MIN					FOCUS ON STRETCHING YOUR GLUTES		DUMBBELL STEP-UP
SMITH MACHINE HIP THRUST	3	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		LEG EXTENSION HIP THRUST
BODYWEIGHT REVERSE HYPEREXTENSION	3	15-20	8RPE	2MIN					SQUEEZE YOUR GLUTES TO RAISE YOUR LEGS		BAND GLUTE KICKBACK
45° HYPEREXTENSION	3	12-15	7RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		BACK EXTENSION
BAND SEATED HIP ABDUCTION	3	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		SEATED HIP ABDUCTION MACHINE
HOLLOW BODY HOLD	3	15SEC	7RPE	1MIN					FLEX YOUR SPINE		PLANK

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

LOWER #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
STIFF LEG DEADLIFT	3	6-8	8RPE	3MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BODYWEIGHT WALKING LUNGE	2	12-15	7RPE	2MIN					REPS EACH LEG, STRETCH YOUR GLUTES		SINGLE-LEG LEG PRESS
KNEE-BANDED BODYWEIGHT HIP THRUST	4	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	3	8-12	7RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
CABLE HIP ABDUCTION	3	10-15	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	8-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL INCLINE PRESS	3	8-10	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
SUPINATED PULLDOWN	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SINGLE-ARM PULLDOWN
MACHINE SHOULDER PRESS	3	8-10	8RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
CHEST-SUPPORTED T-BAR ROW	3	12-15	8RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
A1: RESISTANCE BAND LATERAL RAISE	3	7/7/7	8RPE	0MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		CABLE LATERAL RAISE
A2: SEATED CABLE FACEPULL	3	7/7/7	9RPE	2MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		BAND REVERSE FLY
B1: SINGLE-ARM CABLE CURL	3	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		HAMMER CURL
B2: CABLE ROPE TRICEP EXTENSION	3	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		DUMBBELL SKULL CRUSHER

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION
PROGRAM

WEEK

1

WOMEN'S SPECIALIZATION PROGRAM

WEEK 1: DAYS 1-3

BLOCK 2 - WEEK 1 DELOAD

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	75%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	7RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	6RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	6RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	6RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	6RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	7RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	7RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	6RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	7RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	7RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	8RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	72.5%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	7RPE	2MIN					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	8RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 1: DAYS 4-5

BLOCK 2 - WEEK 1 DELOAD

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	80%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	7RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	7RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	7RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	8RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	8RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	8RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	70%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	7RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	7RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	7RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION
PROGRAM

WEEK

2

WOMEN'S SPECIALIZATION PROGRAM

WEEK 2: DAYS 1-3

BLOCK 2 - MAX EFFORT PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	77.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	8RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	8RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	8RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	9RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	8RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	9RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	8RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	9RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	9RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	75%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	8RPE	2MIN					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	9RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	9RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 2: DAYS 4-5

BLOCK 2 - MAX EFFORT PHASE

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	80%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	7RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	7RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	7RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	8RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	8RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	8RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	70%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	7RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	7RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	7RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION
PROGRAM

WEEK

3

WOMEN'S SPECIALIZATION PROGRAM

WEEK 3: DAYS 1-3

BLOCK 2 - MAX EFFORT PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	80%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	8RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	8RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	8RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	9RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	8RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	9RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	8RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	9RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	9RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	77.5%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	8RPE	2MIN					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	9RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	9RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 3: DAYS 4-5

BLOCK 2 - MAX EFFORT PHASE

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	80%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	9RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	9RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	9RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	9RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	10RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	10RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	10RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	75%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	9RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	8RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	8RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION PROGRAM

WEEK

4

WOMEN'S SPECIALIZATION PROGRAM

WEEK 4: DAYS 1-3

BLOCK 2 - MAX EFFORT PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	82.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	8RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	8RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	8RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	9RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	8RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	9RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	8RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	9RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	9RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	80%	4min					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	8RPE	2min					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	9RPE	2min					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	9RPE	1min					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	9RPE	1min					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1min					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1min					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 4: DAYS 4-5

BLOCK 2 - MAX EFFORT PHASE

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	82.5%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	9RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	9RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	9RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	9RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	10RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	10RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	10RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	77.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	9RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	8RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	8RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME: